



Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

November 2022

Thanksgiving Social with Dale Jarrett

Tue., 11/15, 1pm

Join Dale for some fun tunes and
dance along with friends.

Also enjoy some Thanksgiving-
themed snacks.

Pre-register at the Front Desk.



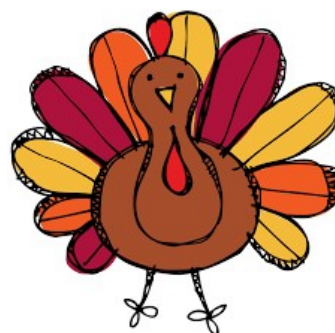
**Registration for HPSI classes
will begin Monday, 11/14, at
9am, volunteers permitting.**

Center Closures:

**Friday, Nov. 11 -
Veteran's Day**



**Thursday, Nov. 24 &
Friday, Nov. 25 -
Thanksgiving**



Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906

Phone: (240) 777-4999

www.mocorec.com

Center Hours:

Monday thru Friday 9:00 a.m. - 4:00 p.m.



DECEMBER SPECIAL EVENTS

Celebrating Sinatra: Tue., 12/6, 1pm

Join us for a wonderful 1pm event all about celebrating the great Frank Sinatra with Steve Flynn!

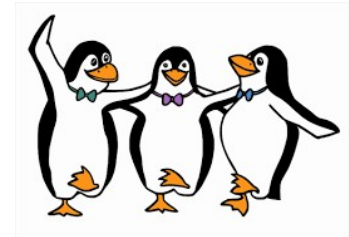


Holiday Social: Thur., 12/15, 1pm

Join Tim Amann to get into the Winter spirit with this Holiday Social!

Winter Dance: Fri., 12/16, 1pm

Join Night & Day band for a great Winter Dance Club Friday to start the weekend!



COFFEE WITH A COP

Wed., 11/2, 9:30 am

Enjoy conversation with Officer Katie Beard from the Montgomery County Police and learn more about your community and discuss safety concerns.

Free! - Monthly!



WEDNESDAY BOOK CLUB

Wed., 11/16, 3:15 pm

Join Carol & Ethelyn for a discussion of the book "The Traitor's Wife" by Allison Pataki.

There will not be any meeting in December 2022.

The Club will pick back up in January 2023 with the book "The Girl Who Wrote in Silk" by Kelli Estes.

Free! - Monthly!



Inclement Weather Policy

Holiday Park follows Montgomery County Schools for closures:

- If county schools are closed, all center activities are cancelled including the lunch program.
- If county schools close early, the center will also close early.
- If county schools are on a delayed opening schedule, there will be no lunch program and the center bus will not run. Call the Center before you leave your home to make sure staff is in the building and the building is open.

Please call the main line 240-777-4999 for a recorded update of the center's operating hours and/or check your Local News for Alerts. You can also get messages by registering with AlertMontgomery: alert.montgomerycountymd.gov

INFORMATION FOR SENIORS

Fresh Conversations: A Nutrition Program



This is a multi-part series with one session monthly running through January. Registration is required at the Front Desk OR online with activity code R07024-103.

Time: 2:00 pm—3:00 pm (please arrive 5 mins early)

What's trending in the nutrition world: Nov 21, 2022
The connection between diet, exercise and sleep: Dec 19, 2022
The sunshine vitamin and the connection with depression: Jan 23, 2023

Provided by Dr. Mona Habibi from University of Maryland



Volunteers needed to assist with a variety of programs around the center.

Please see Judy or Marco!

GIFT SHOP NEWS

Though the Center will be open, the Gift Shop will be closed on Tuesday, 11/8, for Election Day and on Wednesday, 11/23, the Wednesday just before Thanksgiving.



Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mocorec.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed under the screen in the lobby, across from the Front Desk, that is always on display!

We have made many options available for you. We hope you find the one that is best suited for you!

Classes and Drop-in Activities

Please Register at the Front Desk. Registration will begin on Monday, November 14.
For more information call: 240-777-4999

FITNESS AND DANCE

AS EASY AS ABC... Exercise Class

Taught by Matt. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class.

No class on 11/24.

The current session will end on Thur. 12/8.

Beg.	Thu	1/12-3/9	12-12:50pm	\$40
Adv.	Thu	1/12-3/9	11-11:50am	\$40

BEGINNERS BALLROOM

Taught by Ron & Amy. Learn the basics of a variety of popular ballroom dances. **No class 1/16, 2/20.**

The current session will end on Mon. 11/7.

Mon	1/9-3/6	2:30-3:20	\$45
-----	---------	-----------	-------------

BALLROOM: INTERMEDIATE

Taught by Ron & Amy. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcomed. **Smooth: Quickstep & Foxtrot. Rhythm: Bolero & Mambo.**

The current session will end on Wed. 12/7.

Smooth	Wed	1/11-3/8	2:30-3:20pm	\$45
Rhythm	Wed	1/11-3/8	3:30-4:20pm	\$45

BEGINNER TAI CHI

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise.

Wed	Ongoing	9:30-10:20am	Free
-----	---------	--------------	-------------

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements.

Fri	Ongoing	11-11:50am	Free
-----	---------	------------	-------------

EASY FIT DANCING

Taught by Marcia. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights.

No class on 1/16, 2/20.

The current session will end on Mon. 12/5 & Wed. 12/7.

Mon	1/9-3/13	11-11:50am	\$25
Wed	1/11-3/15	11-11:50am	\$30

EVERY BODY'S YOGA

Taught by Regine. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep.

The current session will end on Wed. 12/14.

Wed	1/11-3/8	3:00-3:50pm	\$35
------------	----------	-------------	-------------

HATHA YOGA FOR ALL

Taught by Debbie. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class. **Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com**

No class on 11/8, 11/11, 11/25.

The current session will end on Tue. 12/6 & Fri. 12/9.

Virtual	Tue	1/10-3/7	9-9:50am	\$40
In Person	Fri	1/13-3/10	9-9:50am	\$35

HULA INTERMED. CHOREOGRAPHY

Taught by Dawn. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements. **No class on 1/16, 2/13, 2/20.**

The current session will end on Mon. 12/5.

Mon	1/9-3/6	1-1:50pm	\$20
-----	---------	----------	-------------

INTERNATIONAL FOLK DANCING

Taught by Sharon. Easy and fun dances from around the world. No previous experience is needed. **No class on 2/17.**

No class on 11/11, 11/18, 11/25.

The current session will end on Fri. 12/9.

Fri	1/13-3/10	11-11:50am	\$25
-----	-----------	------------	-------------

LATIN RHYTHM CARDIO FITNESS

Taught by Tony. Let's have fun dancing together! This low impact but high energy class of Latin Rhythms combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. The music is hot, and the moves are fun to get a great workout.

No class on 11/8.

The current session will end on Tue. 12/6.

Tue	1/10-3/7	2-2:50pm	\$40
Thu	1/12-3/9	10-10:50am	\$40

LINE DANCE- PARTY FAVORITES

Taught by Robin. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

No class on 11/24.

The current session will end on Thur. 12/8.

Lv I	Thu	1/26-3/9	11-11:50am	\$25
Lv II	Thu	1/26-3/9	10-10:50am	\$25

MEDITATION with Patrick & Padma

Meditation will return in the Spring!

No class 11/11, 11/25.

The current session will end on Fri. 12/9.



Classes and Drop-in Activities

Please Register at the Front Desk. For more information call: 240-777-4999

NIA DANCE FITNESS

Taught by DRA Fitness. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels.

No class 11/24.

The current session will end on Thur. 12/8.

Thu	1/19-3/9	10- 10:50am	\$35
-----	----------	-------------	-------------

TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30- 10:20am	Free
-----	---------	---------------	------

TAI CHI SWORD

Taught by Wendy. An ancient form of exercise, designed for students with some experience. **No class 12/19.**

Mon	Ongoing	2:30-3:25pm	Free
-----	---------	-------------	------

TAP DANCING

Taught by Denise. Returning in the Spring!

TOTAL BODY FITNESS

Taught by Tony. Total body fitness involves cardio, light weights, lunges, squats and core work for a total body workout.

The current session will end on Wed. 12/7.

Wed	1/11-3/8	10-10:50am	\$40
-----	----------	------------	-------------

YOGA FOR BALANCE

Taught by Linda. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

No class on 11/8.

The current session will end on Tue. 12/6.

Tue	1/10-3/7	10-10:50am	\$40
-----	----------	------------	-------------

YOGA (CHAIR)

Taught by Linda. Low impact class to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

No class on 11/8.

The current session will end on Tue. 12/6.

Tue	1/10-3/7	11:15-12:05pm	\$40
-----	----------	---------------	-------------

ZUMBA FOR ALL

Taught by Lan. Enjoy this dance and exercise class set to lively music.

No class 11/8.

The current session will end on Tue. 12/6.

Tue	1/10-3/7	11:11-50am	\$35
-----	----------	------------	-------------

ZUMBA GOLD ADVANCED

With Mitzi. The original dance-fitness party.

The current session will end on Wed. 12/7.

Wed	1/11-3/8	10-10:50am	\$40
-----	----------	------------	-------------

ZUMBA GOLD TONING

With Mitzi. Incorporates Gold workout with light weight training.

No class on 11/11, 11/25.

The current session will end on Fri. 12/9.

Fri	1/13-3/10	10-10:50am	\$40
-----	-----------	------------	-------------

ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Taught by Nicki. Learn the basics and explore how to paint flowers, birds and small animals.

The current session will end on Thur. 11/3.

Thu	1/12-3/9	1:00-3:00om	\$90
-----	----------	-------------	-------------

DRAWING (BASIC)

Taught by Steve. Learn the fundamentals of drawing.

The current session will end on Tue. 12/6.

Virtual	Tue	1/10-3/7	1:00-3:00om	\$95
----------------	-----	----------	-------------	-------------

KNIT & CROCHET WORKSHOP

Led by Shirley and Carma. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for area charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
-----	---------	------------	------

MULTI-MEDIA CRAFTING

Led by Roza. Use a variety of media to create fun and meaningful crafts. Each month will cover a different media, in this order:

- 11/10 - Needlefelting: Learn to create vibrant and soft crafts by shaping colorful wool!
- 12/8 - Wood Decor: Decorate wooden ornaments and small boxes to your heart's content!

\$10 fee for each month's craft, which includes the art supplies. You may sign up for either of the activities.

Thur	11/10, 12/8	10-12pm	\$10 each
------	-------------	---------	------------------

WATERCOLOR (INT. & ADV.)

Taught and hosted by Steve. Expand your knowledge of watercolor technique. This class will be a hybrid of in-person and virtual, beginning with in-person on 9/19 and alternating every other week. **No class on 1/16, 2/20.**

The current session will end on Mon. 12/5, virtual class.

Mon	1/9-3/6	10:00-12:00pm	\$75
------------	---------	---------------	-------------

WATERCOLOR (INT. & ADV.)

Taught and hosted by Steve. Expand your knowledge of watercolor technique.

The current session will end on Tue. 12/5.

Virtual	Tue	1/10-3/7	10:00-12:00pm	\$95
----------------	------------	----------	---------------	-------------

The 1:00 PM Holiday Park Daily Show – November 2022

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Surrender to the Music and Let the Emotions Speak with Caterina Vannucci **Tue. Nov. 1**
Music always accompanies us even if only with the continuous beating of our heart. It is the soundtrack of everyday emotions. In this hour she will guide you through the discovery of the emotions aroused by music and give them free expression.

Gathering Volunteers to be Foster-Grandparents for Schools **Wed. Nov. 2**
Aliesha Morris from the JCA will join us to discuss this opportunity sponsored by the JCA. She will give an overview of the process of recruiting Foster Grandparents volunteers who are willing to work with students in the classroom.

Bladder, Bladder, What's the Matter? With Suburban Hospital **Thu. Nov. 3**
Incontinence and bladder problems are not necessarily part of the aging process and can be controlled. Dr. Priyanka Kancherla, urologist, will discuss the causes and treatment of overactive bladder in men and women.

Dance Club Friday with Mike Surratt **Fri. Nov. 4**
Mike is back with his great tunes to take you into the weekend!
Light refreshments served.

Movie: You've Got Mail (1998) - 119 mins. **Mon. Nov. 7**
Book superstore magnate, Joe Fox and independent book shop owner, Kathleen Kelly fall in love in the anonymity of the Internet both blissfully unaware that he's trying to put her out of business. Starring Tom Hanks and Meg Ryan.

No Program: Election Day **Tue. Nov. 8**

Using the Nutrition Facts Label with Rhonda Brandes, RD, LDN **Wed. Nov. 9**
Come join us to learn about the updated Nutrition Facts Food Label. Become an expert so you can grocery shop more efficiently and choose more nutritious foods.

Byline: Ernie Pyle **Thu. Nov. 10**
Join us for a showcase of excerpts recounting the major events of World War II in Pyle's own words, created by Steve LaRocque and Kathy Mack from the Montgomery County Historical Society.

Center Closed: **Fri. Nov. 11**
Veteran's Day

Tech Talk with Jairo **Mon. Nov. 14**
Get some tech help, ask questions and learn more about any of your devices, such as phones, tablets or laptops.

Thanksgiving Social with Dale Jarrett **Tue. Nov. 15**
Come listen to the Fall tunes played by Dale while dancing away the afternoon with your friends.
Light refreshments will be served. Pre-registration required.

The 1:00 PM Holiday Park Daily Show – November 2022

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Role of Nutrition in Diabetes with Adventist Healthcare Take Charge of Diabetes! Keep active and eat health. In this class you will learn about reading nutrition labels, the difference between portions and a serving size, and the impact of activity on glucose levels as well as nutrition. This will be an interactive class with hand on activities.	Wed. Nov. 16
Bingo Join us for an afternoon of fun and games with friends!	Thu. Nov. 17
Dance Club Friday with Retro Rockets Get your dancing shoes on and twirl your way to the weekend with the Rockets' tunes. <i>Light refreshments served.</i>	Fri. Nov. 18
Van Gogh's Starry Night with Joan Hart Take a journey into Van Gogh's most visionary work of art, exploring the mystery behind its creation as well as the extraordinary painting itself. You'll also discover the history of The Starry Night's first owners including a Dutch woman who hung it in her home for decades.	Mon. Nov. 21
Ellis Island– History and Lessons with Sheldon Lehner A flashback of what immigrants went through when Ellis Island was <i>the</i> destination for their hopes and their families in future years in America. Based on Sheldon's personal experience working in immigration customer service initiatives, this program will reflect many statistics, facts and memories of Ellis Island.	Tue. Nov. 22
No Program	Wed. Nov. 23
Center Closed: Thanksgiving	Thu. Nov. 24
Center Closed	Fri. Nov. 25
Movie: "Grumpy Old Men" (1993) - 103 mins. A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. Starring Jack Lemmon, Walter Matthau & Ann-Margret.	Mon. Nov. 28
The Importance of Self Care with José Hernández from Affiliated Santé Winter is back, and with it comes the holidays, missing those that we have lost, the instinct to hibernate, and the inclination to lazily wait out the weather until Spring returns. It can also lead to cabin fever and stress. Self-care is important at this point, especially done in a way that will help our emotional health. Let's get together and talk about strategies to get through this challenging season.	Tue. Nov. 29
Smart DriverTEK by Ken Ow from AARP Technology is changing the driving experience! The AARP Smart DriverTEK workshop is an educational opportunity that discusses the latest vehicle safety technologies, highlighting how these technologies work and how they might extend your safe driving years!	Wed. Nov. 30

Classes and Drop-in Activities

Please register at the Front Desk. Registration will begin on Monday, November 14.

WOODCARVING

Led by Val. Experienced hobbyists offer basic instruction and assistance. Drop-in.

Fri	Ongoing	1-2:55pm	Free
-----	---------	----------	------

LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Deb. Vocabulary and conversational English to help you get comfortable in everyday conversation.

Tue	Ongoing	10-10:55am	Free
Thu	Ongoing	10-10:55am	Free

FRENCH: BASIC & INTERMEDIATE

Taught by Gilles. Learn and practice your French. *The current session will end on Wed. 12/7.*

Basic	Virtual	Wed	1/11-3/15	9- 9:50am	\$35
Int.	Virtual	Wed	1/11-3/15	10-10:50am	\$35

FRENCH (CONVERSATION)

Taught by Gilles. Practice your French by holding conversations in French.

The current session will end on Wed. 12/7.

Virtual	Wed	1/11-3/15	11-11:50am	\$35
---------	-----	-----------	------------	------

INTRO. TO HINDI

Taught by Uma. Learn basic conversational skills in Hindi including greetings and introductions, everyday words, numbers and much more. **No class on 1/16, 2/20.**

The current session will end on Mon. 12/5.

Mon	1/9-3/6	11-11:50am	Free
-----	---------	------------	------

SPANISH (BASIC)

Taught by Jairo. Learn basic conversational skills in Spanish including greetings and introductions, everyday words, numbers and much more. **This class is sponsored by ActiveMontgomery, please ask a County Staff Member to register you at the Front Desk. No class on 1/16, 2/20.**

The current session will end on Mon. 11/14.

Spanish 102	Mon	1/9-3/6	10-10:50am	Free
Basic Conversation	Mon	1/9-3/6	11-11:50am	Free

GAMES

BASIC BRIDGE II

Taught by Rochelle. Learn the basics of bridge with short lessons followed by time for supervised practice.

No class 11/8.

The current session will end on Tue. 12/6.

Tue	1/10-3/7	1- 3pm	\$90
-----	----------	--------	------

INTERMEDIATE BRIDGE II

Taught by Rochelle. If you've taken Basic Bridge classes or you've been playing bridge for a year or two, then this series will enable you to hone your bridge skills at the table. It will include a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class includes interactive lecture, exercises and supervised play.

No class on 11/24.

The current session will end on Thur. 12/8.

Thur	1/12-3/9	1- 3pm	\$90
------	----------	--------	------

BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
-----	---------	--------------------	------

BRIDGE (Duplicate)

Allen hosts. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Wed	Ongoing	1:30-3:30	Free
-----	---------	-----------	------

CHESS CLUB

Taught by Phil. Come learn how to play or how to improve your game. All levels welcome.

Wed	Ongoing	12:30-4pm	Free
-----	---------	-----------	------

MAH JONGG

Donna hosts. Drop-in and enjoy playing with friends.

Mon	Ongoing	starts at 1:00 pm	Free
-----	---------	-------------------	------

RUMMIKUB

Elsa hosts. Drop-in and enjoy playing with friends.

Daily	Ongoing	starts at 1:00 pm	Free
-------	---------	-------------------	------

SCRABBLE

Ray hosts. Drop-in board game.

Wed	Ongoing	starts at 1:00pm	Free
-----	---------	------------------	------

SPECIAL INTERESTS

AARP SAFE DRIVING CLASS

This class is designed to help refresh your safe driving knowledge. There will be a break for lunch. Check with your insurance provider to find any discount from the certificate earned in this class.

Register at the Front Desk. \$20 for AARP members and \$25 for non members, payable to Instructor Ken Ow.

Mon	11/14	10am-3pm	\$25; \$20/AARP
-----	-------	----------	-----------------

BEHIND THE HEADLINES

Gerald facilitates this drop-in discussion group.

Mon	Ongoing	10-11:25am	Free
-----	---------	------------	------

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

JOURNALING CLUB

Led by Carol & Ethlyn. Join us monthly to work on your journal and learn how to start a journal and express your creativity and feelings.

Tue	11/15	2:15-3:45	Free
-----	-------	-----------	------

PHOTOGRAPHY CLUB

Led by Alan. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month. Drop-in.

Wed	11/2 & 11/16	10-12 noon	Free
-----	--------------	------------	------

SINGING THE OLDIES BUT GOODIES

Taught by Theresa. More information coming soon.

WRITING GROUP

Writing group led by Ray where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10-11:25am	Free
-----	---------	------------	------



TECHNOLOGY

TECH 101: Smartphone for Beginners

Taught by Jairo. Learn the essentials of your Android cell phone and discover many of its features. Limited spaces available.



Wed	11/9	10-11am	Free
-----	------	---------	------

TECH 101: Internet Security

Taught by Jairo. Learn how to stay safe online and not to fall victim to cyber-attacks and common scams. Limited spaces available.



Wed	11/30	10-11am	Free
-----	-------	---------	------

Multicultural Programs

LA ESQUINA LATINA

Cafecito y Amistad

(Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50 am	Gratis
----	---------	-------------	--------

Conversación en Inglés

(Everyday English)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	10-10:55am	Gratis
----	---------	------------	--------

Ju	Seguido	10-10:55am	Gratis
----	---------	------------	--------

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

Lu	Seguido	10-10:55am	Gratis
----	---------	------------	--------

Mi	Seguido	10-10:55am	Gratis
----	---------	------------	--------

Superando los Cambios:

Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro nuevo terapeuta de Santé Group José Hernández.

Ma	Seguido	11-11:55 am	Gratis
----	---------	-------------	--------

Tecnología 101: Smartphone para principiantes

con Jairo. Aprenda lo esencial de su celular Android y descubra muchas funciones más. Espacios disponibles limitados. En español.

Mi	11/16	10-11am	Gratis
----	-------	---------	--------

Tecnología 101: Seguridad en Internet

con Jairo. Aprenda cómo mantenerse seguro en internet y no ser víctima de ataques cibernéticos ni de estafas comunes. Espacios disponibles limitados. En español.

Mi	12/7	10-11am	Gratis
----	------	---------	--------

Toma de tensión arterial:

con Gladys Para más información, comuníquese con Maria Mercedes al 240-777-4965

Lu	Seguido	10-12 pm	Gratis
----	---------	----------	--------

VIETNAMESE CORNER

Happy Life Vietnam Seniors Group

Join for health and fitness classes and games.

Sinh hoạt hàng tuần

Cao Niên Việt Nam

Hội Cao niên người Việt vui khỏe

Họp mặt thứ 5, từ 9-2 giờ chiều

Phòng 30

Thur	Ongoing	9-2 pm	Free
------	---------	--------	------

Health and Wellness Services

BLOOD PRESSURE SCREENING - Mondays: 10—12 noon. There will be a Spanish speaker available for screenings from 10:30-12 noon on Mondays.

MEDICAL EQUIPMENT LOAN CLOSET - Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff to verify availability of equipment.



COUNSELING SUPPORT GROUPS

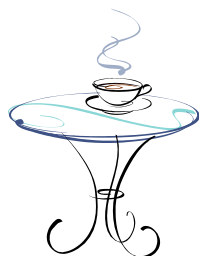
COPING WITH CHANGE - Thursdays 10:30am—11:30 am.

Led by social worker Stephanie Svec, LCPC. Free. Individual appointments for consultations available at 11:30 am. Call 301-572-6585 x 2104 for appointments.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE - Tuesdays 10:30—11:25 am.

Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

Center Services



The Café

*Is Open
Monday thru Friday
from 9:30am to 1pm,
volunteers permitting.*

GAME ROOM

On our second floor. Several tables to enjoy a good game with a friend. Open daily. Drop-in.

MOBILE POST OFFICE

The Post Office will be at the center to assist you with your mailing needs. Tuesdays, 10:30 am– 11:30 am.

OPEN GYM—FITNESS ROOM

Open Monday through Friday, from 9:00am until closing. Drop-in. Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation and Fitness Room Strength Training for closed times.

PING PONG ROOM

On our second floor. Three tables to enjoy a good ping-pong match with a friend. Open daily. Drop-in.

PLANT ROOM

We are delighted to welcome you back to the HPSI Plant Room. We are open on Tuesdays and Fridays from 9-12. Please come by and see us. We have a nice assortment of plants for sale at just \$1.00 each.

POOL/BILLIARD ROOM

Open daily. Keep your attention sharp and your accuracy skills on target as you enjoy a good time with other players. Drop-in.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Josephs. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.



THE GIFT SHOP

*Open Tuesday
and Wednesday
9:30AM-1:00PM,
Volunteers Permitting.*

Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6870, TTY 240-777-6974.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$5.93). Please make your reservation one week in advance and cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.



*******Please bring exact change to make your donation!! *******

Transportation Options For Older Adults

JCA Curb-to-curb transportation

Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. *Leisure World residents*, please call Evelyn at 301-255-4214.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

Connect-A-Ride

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).



CLASS REGISTRATION INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:30 pm Monday thru Friday** when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

To register for virtual classes, please email: HolidayParkSeniors@gmail.com

**Holiday Park
Senior Center Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Cece Altamirano

Younna Badr

Amy Clemmer

Arthur Clemmer

Maria Mercedes Diaz

Jairo Gomez

Gail Jacobson

Desiree Nestor

William Song

Corinne Verard-Eppley

India Wilson

**Holiday Park Seniors,
Inc. (HPSI)**

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:

Joyce Dubow

Carol Mamon

Janet McDonald

Steven Schrier

***Look What is Coming in December 2022...
A sampling of Holiday Park 1:00 pm Programs***

Dec. 1, Th.	Nutrition Lecture with Rhonda Brandes, RD, LDN
Dec. 2, F.	Dance Club Friday with Mark Hanak
Dec. 5, M.	Songs & Stories with Montgomery History
Dec. 6, T.	Celebrating Sinatra with Steve Flynn
Dec. 7, W.	Pearl Harbor with Gerald Schneider, Ph.D.
Dec. 8, Th.	Art Fun Day with Janet & Youmna
Dec. 9, F.	Dance Club Friday with Mike Surratt
Dec. 12, M.	Everyone's Got A Story
Dec. 13, T.	Bingo
Dec. 14, W.	Interplay with Billy Amoss
Dec. 15, Th.	Holiday Social with Tim Amann
Dec. 16, F.	Winter Dance with Night & Day
Dec. 19, M.	Wii Bowling
Dec. 20, T.	The Delany Sisters with Sheldon Lehner
Dec. 21, W.	Movie
Dec. 22, Th.	Movie
Dec. 23, F.	No Program
Dec. 26, M.	TBA
Dec. 27, T.	TBA
Dec. 28, W.	TBA
Dec. 29, T.	TBA
Dec. 30, F.	No Program

**NOTE: Please be advised that programs are subject to change. Check the daily schedule near the front door for the most current information.*

Follow us on Facebook @HolidayParkSeniors

In this issue:

Announcements & Info	2-3
Classes & Drop-in Activities	4-9
Daily 1:00 PM Programs	6-7
Multicultural Programs	9
Health & Wellness	10
Center & County Services	10-11
December Sneak Peek	12

Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership will resume later in 2023. This \$20.00 a year Card allows you to receive reduced rates for classes and programs. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.